

BOSU BALL



EXERCISE ROUTINE

STAND AND BALANCE



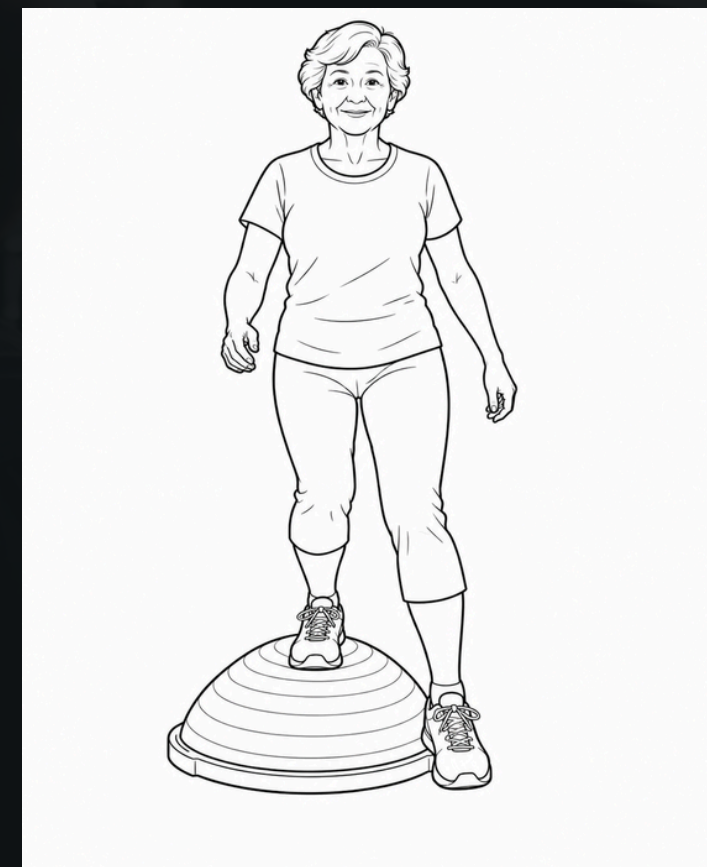
- Stand beside the BOSU with the dome facing up.
- Place one hand on a wall or sturdy support.
- Step one foot onto the dome, then the other.
- Stand tall with your feet about hip-width apart and knees soft.
- Grip the ball with your feet.
- Zip up your core and keep your eyes fixed on a spot in front of you.
- Hold for ten seconds, then step down carefully.
- Repeat three times.

BOSU STEP UP



- Stand behind the BOSU with the dome up.
- Step one foot softly onto the dome.
- Bring the second foot up softly so both feet are on the dome.
- Pause briefly at the top, standing tall.
- Step down with control.
- Repeat, alternating which foot leads.
- Do ten steps with each leg.
- When this becomes easy, repeat the whole set again after a brief rest.

WALK UPS



- Step up and down exactly like in the step ups exercise except—
- Don't pause at the top; smoothly walk up and back down, looking forward.
- Keep walking up and down on the Bosu ball for twenty seconds.
- Change the lead leg halfway through the exercise.
- Rest for a minute at the end and repeat the exercise.
- When this becomes too easy, increase the time and/or do three rounds.

TOE TAPS



- Stand on the dome with feet hip-width apart.
- Hold support lightly if needed.
- Shift weight onto one foot, not letting the knee collapse inward.
- Lift the other foot and tap it gently to the side of the dome or floor.
- Return to center and repeat.
- Keep straight and tall on the standing leg during this exercise.
- Do ten taps on one side then switch sides.
- When this becomes too easy, do another round.

LATERAL WALK-OVERS



- Step up and down exactly like in the step ups exercise except—
- Don't pause at the top; smoothly walk up and back down, looking forward.
- Keep walking up and down on the Bosu ball for twenty seconds.
- Change the lead leg halfway through the exercise.
- Rest for a minute at the end and repeat the exercise.
- When this becomes too easy, increase the time and/or do three rounds.

SIT AND TAP



- Step up and down exactly like in the step ups exercise except—
- Don't pause at the top; smoothly walk up and back down, looking forward.
- Keep walking up and down on the Bosu ball for twenty seconds.
- Change the lead leg halfway through the exercise.
- Rest for a minute at the end and repeat the exercise.
- When this becomes too easy, increase the time and/or do three rounds.